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metroLIFE

Halifax metro



HE'S OUT metroNEWS



Your essential daily news

WEDNESDAY, JUNE 3, 2015

High 12°C/Low 5°C Cloudy



Ready, aim
FIRE!

Brittany Avery, a military interpreter with the Halifax Citadel Regimental Association, poses with a rifle Tuesday afternoon on Citadel Hill in Halifax. Story in metroNEWS. JEFF HARPER/METRO

Bring on the sun

WEATHER

Warmer than usual summer predicted for Nova Scotia

Rebecca
Dingwell
For Metro | Halifax

Still have lingering nightmares about shovelling snow? It seems the time for Haligonians to start dreaming about warm summer days has finally arrived.

Environment Canada said Tuesday it's predicting a warmer-than-normal summer across the province, despite the nasty cold, white winter that haunted Nova Scotians well into spring and the rainy, grey skies of late.

"We are calling for an above-normal temperature range for June, July and August," Environment Canada spokeswoman Tracey Talbot said Tuesday.

The amount of precipitation

expected over the summer will be about average, she said, with the forecast overall expected to be similar to what we experienced last summer over those three months.

In May, Halifax experienced only 52 per cent of the precipitation it usually gets, according to Environment Canada, and throughout the month the average daily temperature was 1.2 degrees above normal.

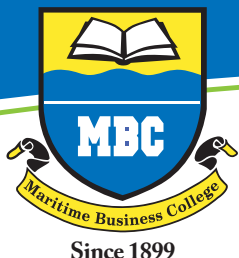
That seems to be the trend across the country, Talbot said, although she added it's hard to say exactly why summer temperatures are on the rise.

"You can't necessarily look at one summer and attribute it to global warming," Talbot said.

It shouldn't be blamed on El Niño, either. The phenomenon that causes warmer waters tends to affect the Canadian East Coast in the winter, Talbot said.

This doesn't mean temperatures will be above average every single day, so be sure to check updated forecasts.

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Highline model shown

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Above: Chef Craig Flinn prepares his lentil-inspired appetizer at Chives Canadian Bistro on Barrington Street. **Left, from top to bottom:** the green lentil and duck confit strudel from Chives; sprouted lentil sourdough bread from The Canteen; build-your-own lentil burrito bowl from Habaneros Modern Taco Bar; and salmon with beluga lentil-stuffed squash from Brooklyn Warehouse. **REBECCA JOSEPH/FOR METRO**

Teaching the fun-de-lentils

FOOD AND DRINK

Competition aims to catch Canadians up to rest of world

Rebecca Joseph
For Metro | Halifax

Four chefs are putting their best lentil creations forward to win over Haligonians this month.

Brooklyn Warehouse, The Canteen, Chives Canadian Bistro and Habaneros Modern Taco Bar are all taking part in the Fun-de-Lentil Tour being hosted this month by Canadian

Lentils. The tour includes 24 restaurants in seven different cities across the country, with each establishment offering up special dishes featuring home-grown seeds.

People can try the dishes in their city and vote for their favourites online at fundelentil.ca. One lucky voter will win a trip to any city that's part of the tour.

The restaurants vary from fine dining to quick service, picked to show the variety of ways to prepare the legume.

In Halifax, Chef Rennée Lavallée of The Canteen has prepared a lentil bread she is selling by the loaf. Chef Craig Flinn of Chives chose to make an appetizer containing a lentil and

duck confit strudel with foie gras and Nova Scotia vegetables.

"They're pretty complex recipes," Canadian Lentils spokeswoman Amber Johnson said Tuesday during a media tour of local Fun-de-Lentil stops. "The average person wouldn't be able to do them."

"But it's meant to inspire people to go home and make lentils in their everyday lives."

According to Canadian Lentils, our country is the largest lentil producer in the world.

"It's not used in our diets very much," said Chef Bill Pratt of Habaneros.

"I travel a lot around the world, and (lentils are) everywhere but here."

Pratt has been cooking with

the savoury legume at most of his restaurants from the start.

"I was in Dubai at the world's largest food show and I'm taking pictures of lentils that some of the Indians had that said, 'Made in Canada,'" he said.

Pratt hopes he can increase people's interest in the food with his build-your-own lentil burrito bowl.

In fact, all four participating Halifax chefs regularly cook with lentils.

"We always try to present them in a way accompanied by the exciting greens that people do go crazy over," Flinn said.

"If you slip the lentils in there, the next thing you know they're experiencing something new."

+ LENTIL FACTS

- The Canadian lentil industry started in the 1970s. In 45 years, it's risen from nothing to the world's largest producer of lentils.
- 1.85 million tonnes of lentils are grown in Canada.

- Eighty-five per cent of Canadian lentils are exported.
- One hundred grams of lentils have more potassium than a banana.

SOURCE: LENTILS.CA

Chef Mark Grey of Brooklyn Warehouse prepared his dish using the less-common beluga lentil stuffed in summer squash with salmon.

He said he's eaten lentils since he was a child.

"It's a Czech tradition on New Year's Day to eat a bowl of lentils," he explained. "It's

supposed to bring you wealth throughout the year."

And if all goes well for him in the competition, his bowl may indeed bring him some wealth.

"In this part of the world, we're still trying to introduce them to people as a main part of their diet," Flinn added. "Not just for vegetarians."



Metro Halifax reporter Haley Ryan reacts after firing a rifle on Tuesday at Citadel Hill. JEFF HARPER/METRO

OPEN SPACES

City asks what you love about Halifax

When you look around Halifax, what do you want to preserve?

This month, city staff are holding a series of open houses and pop-ups to gather feedback on what open spaces residents love and want to identify as part of the first-ever Halifax Green Network Plan, including one in Dartmouth Wednesday evening.

"It's important so that we make good decisions," Peter Bigelow, the city's manager of policy and planning with parks and recreation, said Tuesday.

"The things that we wish to pass on to our children, that those are preserved," he said.

Protecting open space is a direct part of the 2014 Regional Plan, and HRM council has directed staff to create the strategy in order to have a "lens" that will guide future development and planning policy, since the city regulates land as well as owns it for public use.

Bigelow said open space is simply "everything that's outside open to the sky," — including rivers, parks, cultural landscapes such as the Halifax Citadel National Historic Site — or working landscapes such as forests and fishery areas.

After gathering feedback through residents writing in, completing an online survey or coming to an open house to help map out important areas, Bigelow said they'll produce a State of the Landscape Report encompassing what they've heard.

Then staff will come back to the public with three "learning scenarios" as a way to test ideas before drafting a final plan next June, Bigelow said.

"It's about creating great communities. You just have to think about why you live here, and quickly some of the reasons you give will involve open space."

HALEY RYAN/METRO

'It's a boom, and it's a flash'

HALIFAX CITADEL

Metro reporter given a chance to fire vintage 1869 rifle



Haley Ryan
Metro | Halifax

As the rain and wind whipped my face, I raised the rifle to my shoulder, looked down the barrel and eyed my enemy: a grassy bank.

With the launch of a new experience Monday, visitors to the Halifax Citadel National

Historic Site can try out an authentic Snider-Enfield rifle the 78th Highlanders would have used in 1869, and fire three blank rounds in a grassy area on the ramparts.

"It's a boom, and it's a flash and smoke," Halifax Citadel product development officer Hal Thompson said Tuesday afternoon.

Until now, visitors to the site have been able to fire the rifles only during their three-hour Soldier for a Day experience, but Thompson said it had become such a highlight they decided to let all visitors buy a \$22 ticket to fire three rounds.

Thanks to the cold temperatures and rain, I was happy to

“They’re very tough; they’ve been around for a long time. Hal Thompson

button up the thick greatcoat before my turn. This was both historically accurate and necessary, since the coat's natural fibres would keep me from catching fire if any sparks from the rifle landed on me, Thompson said — which he added was very unlikely. Suddenly I was very thankful for the rain.

After putting on earplugs and safety glasses, I was taught how to load the rifle, which I learned uses old-fashioned black powder in thick cartridges placed in the rifle's chamber.

I then cocked the rifle, squeezed the trigger and felt the heavy gun jerk as smoke, orange flame and the smell of sulphur exploded out with a blast.

Lowering the gun back down, the Citadel heritage interpreter by my side helped me keep the barrel level as I opened up the hatch again and pulled back a mechanism, so she could pluck out the smoking cartridge.

The Snider-Enfield was one of the first breech-loading rifles

the British military would have used, Thompson said, and is pretty sturdy since the Citadel's antiques have been around for over 100 years.

They also have markings that chart the story of where the rifles have been, Thompson said, and could include England, India or Pakistan.

"You actually get to handle a piece of history," he said.

+ BACKGROUND

The Halifax Citadel rifle experience runs until the end of August, rain or shine.

ART

Three new installations to reflect diversity of Halifax

HRM is still calling for talented artists to take part in three special community projects.

The city sent out a reminder Tuesday asking qualified citizens to apply to help with permanent installations for three new entrance plazas on the Halifax Common to "reflect the unique aspects of the local aboriginal and African Nova Scotian communities," as well as the LGBTQ community.

The three plazas are part of the North Park Intersection Redesign

and will "feature a design in the concrete, created by artists in collaboration with one of the three communities," a public service announcement said.

The aboriginal project will be part of the Creighton Fields Gateway at North Park and Cornwallis streets, the African Nova Scotian piece will be used at the Armoury Gateway near the Halifax Armoury and the LGBTQ installation will be located at the Citadel Gateway near the roundabout at North Park and

Cogswell streets.

The chosen artists will work with local advocacy groups to help "inform, inspire and connect the artist with the community."

+ TO APPLY

Drop submissions off at the George Dixon Recreation Centre in Halifax or visit halifax.ca/culture.

LAW ENFORCEMENT

Police want to use your empty buildings to train officers

Have a vacant building handy?

If so, you're wanted by Halifax Regional Police.

The local police force said Tuesday it is looking for vacant buildings or structures that are slated for demolition across the Halifax Regional Municipality for tactical training of its emergency response team.

Training for emergency response officers includes learning how to respond to

"barricaded persons, hostage takings (and) active aggressors," as well as how to deal with potential shooters and search buildings.

"We've used vacant buildings and soon-to-be demolished buildings in the past and the experience has been invaluable for our ERT officers," HRP inspector Lindsay Hernden said in a news release.

"Securing new training sites allows for realistic

training scenarios that simply couldn't be replicated in an occupied building or in our training facility," she added.

KRISTEN LIPSCOMBE/METRO

+ INTERESTED?

Email your name, phone number and building info to halifax@halifax.ca or hrptraining@halifax.ca.

IN BRIEF

Councillor tries to axe asphalt plant proposal

Less than a day after residents gathered to contest a proposal to build an asphalt plant in Tantallon, one area councillor is trying to squash the project.

Coun. Matt Whitman gave a notice of motion Tuesday to request that council rescind a previous decision, which had initiated a process to consider amending planning regulations in the St. Margarets Bay area to allow for an asphalt plant to be built.

City solicitor John Traves said the motion would be considered out of order.

STEPHANIE TAYLOR/METRO

Staff report ordered on multi-language signs

City staff will be looking to switch over a series of welcome signs on HRM's highways to reflect Halifax's new branding, as well as its multiculturalism.

Coun. Darren Fisher tabled the motion Tuesday, asking staff to consider options like what languages to include besides English on the 100-series highway signs. STEPHANIE TAYLOR/METRO

Charges withdrawn in Canning threat case

CRIME

Rehtaeh Parsons' dad faced online harassment

Charges were withdrawn against a Nova Scotia man who pleaded not guilty to threatening the life of Rehtaeh Parsons's father online after the Crown determined there wasn't enough evidence to convict him.

Attorney Eric Taylor said in Dartmouth provincial court Tuesday that he reached an agreement with the defence to dismiss charges of uttering threats and criminal harassment that were laid last year following complaints by Glen Canning.

Canning alleged earlier that the charges related to online threats made against him in 2013 on a YouTube site.

But Taylor said a finding of guilt was unlikely even though



Crown attorney Eric Taylor talks with reporters at Dartmouth provincial court Tuesday. Charges have been withdrawn against a man accused of uttering threats and criminal harassment in a case involving Glen Canning, the father of Rehtaeh Parsons. ANDREW VAUGHAN/THE CANADIAN PRESS

there was material of a threatening nature.

"There were threats that were posted on a YouTube account against the complainant — that evil would befall the complain-

ant and his family," Taylor said outside court.

"There was some suspicion, but obviously not enough for a conviction."

Canning did not respond to a

request for comment.

Taylor said police can use an IP address to locate the computer that's posting messages, but can't determine who is at the keyboard writing them.

"Although sometimes police can link postings like this to a residence, they can't go in the residence at that time and find out who's behind the computer," he said.

The defence lawyer did not comment as he left court, but Taylor said the young man provided a statement indicating he was not responsible for the posts.

Taylor said the material included threats against Canning's life, adding that the accused knew where Canning lived, worked and what type of car he drove.

The judge placed him on a one-year peace bond that restricts him from having any contact with Canning or the Parsons family, and from going near Canning's residence.

The man accused of the offences cannot be named because he was a minor when he and another teenager were convicted of making and distributing child pornography involving Parsons, who died after attempting suicide in 2013. THE CANADIAN PRESS

RECREATION

Uniform rental structure for HRM arenas to be explored

A new rental fee could be coming to Halifax's rinks, but some councillors are concerned that a one-size-fits-all approach would be unfair to smaller facilities.

Coun. Darren Fisher tabled the motion during Halifax Regional Municipality's city council meeting Tuesday. It was eventually approved, with council asking for a staff report on creating a new rental-fee structure that would bring consistent pricing to users of all HRM-owned ice surfaces.

"This seems the right time to talk about this," Fisher told council, citing the plans currently

underway to build a new four-pad arena in Dartmouth.

But the difference in cost between facilities points to different levels of service and available amenities, argued some councillors.

"No two arenas are the same," Coun. Russell Walker.

"Do we upset the apple cart and say everyone should charge the same? ... We're not all equal."

He added that people are well-aware they pay more for ice time at newer facilities — such as the BMO Centre in Bedford — as compared to others.

He also voiced concerns that because different facilities have different budgets, creating an across-the-board fee structure would inevitably mean shortfalls for those operators that could not meet their budgets if users could not afford a bump in prices.

Unless all facilities are created to offer equal service levels, introducing a uniform rental fee is inappropriate, Coun. Linda Mosher told council.

"How can you compare the four-pad BMO to the Spryfield arena?" she asked on Tuesday.

STEPHANIE TAYLOR/METRO

LIGHTS

LED conversion plan gets OK

Halifax regional council approved a \$48-million plan to convert all of the municipality's streetlights to LED bulbs Tuesday.

Council awarded the task to GJ Cahill and Company Ltd. for a cost of around \$37 million. When including the price of management, design reviews and inspections, the cost totals nearly \$48 million.

The 24-month plan will see only those streetlights on public

roadways switched to LED technology, excluding private roads, which sparked some concerns amongst councillors.

Coun. Stephen Adams voiced an interest in bringing forward a notice of motion for staff to examine the possibility of replacing streetlights on private streets, saying that some residents have complained of busted streetlights as a result of this season's harsh winter.

"It's a safety issue," he said Tuesday.

"I mean, you have these streetlights that are in the end of streets where it's completely dark without them."

Councillors Brad Johns and Bill Karsten also supported the idea, with Johns adding that despite particular roadways being identified as private, the traffic is still comparable to public roadways.

STEPHANIE TAYLOR/METRO

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BOMB SCARE

Chemist innocent: Lawyer

The lawyer for a Halifax man at the centre of a chemical scare that led to evacuations in two cities says his client may have had enough chemicals to make 11 different types of explosives, but there's no evidence that he was interested in doing that.

Mike Taylor told Nova Scotia Supreme Court on Tuesday that his client, Christopher Phillips, is a chemist whose large collection of chemicals would be standard fare in any given laboratory.

Taylor made the comment while questioning Melanie Brochu, an RCMP forensic scientist who testified Phillips had about 500 chemicals to draw from, though she said the accused did not appear to be making any bombs when she examined hundreds of bottles and jars stored near a cottage east of Halifax.

Brochu told the court that 42 of the chemicals she examined could be used to make an explosive compound, some of them requiring the addition of a common household item like milk or cotton balls.

"You would find many or most (of these chemicals) in labs, and there are so many chemicals that ... have many household uses," Taylor said outside court.

Phillips is charged with threatening police in an email to a friend and possessing a weapon — the poisonous chemical osmium tetroxide — for a dangerous purpose.

THE CANADIAN PRESS

New door to saving energy

RECYCLING

Cut-outs from steel doors used to insulate floor

Rebecca Dingwell
For Metro | Halifax

Emma Norton of the Ecology Action Centre (EAC) was leading a workshop in Cape Breton when she was approached with an idea.

She ran into someone who told her he had insulated his house using steel door cut-outs.

When Norton, the energy efficiency co-ordinator for the EAC, pitched the idea to contractors hired to renovate the Halifax non-profit group's home base on Fern Lane, she said "everyone got on board."

The steel door cut-outs are usually thrown out after a single use.

"It would be really great if construction companies took advantage of this," Norton said

Tuesday.

Norton thought Peter Kohler Windows and Entrance Systems would be a good place to start. As it turns out the Atlantic-Canadian-born business was happy to deliver the cut-outs.

"She said, 'It sounds like you'll need about 400,'" Norton recalled of her initial conversation with the door and window company, which delivered the materials about two weeks ago.

Kohler also sent along six volunteers to help unload the cut-outs.

"We stripped the steel off the cut-outs," Norton said. "We're looking for a way to use the steel in our renovations."

This week, volunteers also helped lay the cut-outs on the basement floor before putting a concrete foundation over them.

Norton said two layers of the cut-outs will provide better insulation than the required building code for a basement floor.

The EAC is continuing to work on major renovations and expansions for the 130-year-old building.



Emma Norton of the Ecology Action Centre gives a tour Tuesday of some of the ongoing renovations at the Halifax group's home base on Fern Lane. JEFF HARPER/METRO

According to the plan, the building space should increase by 50 per cent. At the same time, the EAC is aiming to prevent its energy consumption from increasing by more than 17 per cent.

Norton, however, was reluctant to say whether they will

reach their goal for sure.

"We've been working really hard with Solterre Design," Norton said of the Halifax architecture company that specializes in energy-efficient design.

The first level of the building will be made into a split

level, "which will make it more accessible for people," Norton said. "We're (also) adding a third storey."

On top of that, the EAC will also be upgrading all their windows and doors.

"We're trying to cut back on our environmental impact."

HEALTH

N.B. provides abortion for P.E.I.

Women in Prince Edward Island will be able to access abortion services in New Brunswick starting July 1, but the head of a women's advisory group says there ultimately needs to be abortion access on the Island.

"It's big news for the Island

but a small first step," said Jane Ledwell, executive director of the Prince Edward Island Advisory Council on the Status of Women.

Premier Wade MacLauchlan announced Tuesday that the Island government has reached an arrangement with the Mon-

ton Hospital to provide the procedure.

Abortions are not available on P.E.I., and until now women had to travel to Halifax if they wanted the procedure paid for by Medicare. The Halifax service will still be available.

THE CANADIAN PRESS

IN BRIEF

Residents displaced by fires
Eleven people have been displaced by a fire in a two-storey building in Truro Heights.

The Canadian Red Cross says the blaze at the building containing four apartments, about 90 kilometres northeast of Halifax, broke out around 12:50 a.m. Tues-

day.

No one was hurt.

Meanwhile, a house in Lower Branch, about 100 kilometres west of Halifax, was gutted by a fire Monday evening.

The Red Cross says a couple and its three young children were not injured.

THE CANADIAN PRESS

"...a night that's part Cirque du Soleil in its variety and inventiveness, yet pure Gaelic sentiment too."
— Linda Jacobs, The Hamilton Spectator, Ontario

"Better than Walt Disney World!!"
— Ralph M Capito, Yalaha, Florida

ROYAL NOVA SCOTIA INTERNATIONAL TATTOO

CANADA: Canadian Armed Forces Musicians, Pipes and Drums, RCN Guard, RCMP National Ceremonial Troop, Nova Scotia Irish Dancers, Highland Dancers, Halifax Cheer Elite, Adult Choir, Children's Chorus, Featured Soloists
ESTONIA: Club Piruett
FRANCE: Paris Police Gymnastics Team and Motorcycle Team
GERMANY: Heeresmusikcorps Ulm, Gym Wheel Team Taunusstein, Bicycle Team
NORWAY: His Majesty the King's Guard Band and Drill Team
OMAN: The Royal Army of Oman Pipes and Drums
SWEDEN: Home Guard Band of Eslöv
UNITED STATES: Middlesex County Volunteers Fifes & Drums, Fellswater Celtic Ensemble
INTERNATIONAL: North American Brass Band Summer School Musicians

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ENTERTAINMENT

Guidelines for new movie, TV production fund unveiled

Want to make a movie in your home province?

The Liberal Government unveiled its draft guidelines Tuesday for the new Film and Television Production Incentive Fund.

They were developed with help from the film industry "to provide the broadest possible benefits to the industry and taxpayers," according to a business department news release.

"They will ensure benefits are broadly distributed — to workers, suppliers, and Nova Scotia communities."

Nova Scotia's film tax credit underwent a transformation in the provincial budget released in April, sparking widespread

and vocal protest from industry employees and its supporters.

Cuts reduce the program to \$6-million from \$24-million, but the way in which cash is doled out has changed with the new incentive fund.

Starting July 1, the new Nova Scotia Film and Television Production Fund provides base funding that is 25 per cent refundable for all production costs, including labour.

"This new fund balances government's goal to have a successful film industry in Nova Scotia that is at the same time affordable for Nova Scotians," business minister Mark Furey said in the news release.

"I want to thank Screen Nova Scotia for its input on the guide-

lines, its advocacy for the industry and its willingness to engage in a discussion on Nova Scotia's financial situation."

Government officials have been meeting with Screen Nova Scotia members since April.

"Our intention is to create a program that delivers more Nova Scotia content, (with) more Nova Scotians working in the industry, more transparency and accountability, and more value for taxpayers," Furey said, "and we believe these draft guidelines achieve that."

The guidelines include more Nova Scotia workers per production and a bonus for rural productions. They will be posted online at novascotia.ca/business until June 8. METRO



This new fund balances the government's goal to have a successful film industry.

Business minister Mark Furey



Supporters of the province's film tax credit yell during a noon hour rally outside Province House in April. JEFF HARPER/METRO FILE

IN BRIEF

RCMP arrests two after botched home robbery

Police arrested two men early Tuesday afternoon, mere minutes after an attempted robbery of a Halifax home around noon.

Halifax RCMP said officers responded to a 911 call from a residence on Yankeetown Road in Hammonds Plain at about 12 p.m. The residents told police they were confronted by two men at their door, one carrying a firearm.

They drove away in a newer model black pickup truck, police said, adding patrol officers quickly tracked down the suspect car and arrested both men without incident, "within minutes of the initial call."

Officers took the two men, age 47 and 48 years old, into custody and seized a firearm from them.

KRISTEN LIPSCOMBE/METRO

Four drivers fined for stunting, vehicles seized

Four Nova Scotians face stunting charges, Nova Scotia RCMP said Tuesday.

Police charged a 17-year-old girl from Antigonish County after catching her driving at 143 kilometres per hour in a 90-kilometre zone on Highway 7 last Thursday, as well as a 17-year-old boy along on Highway 104 last Friday.

Over the weekend, officers caught two men, one from Pictou County and the other from Prince Edward Island, after "a suspected road rage incident." All four drivers face a fine of \$2,418 and a seven-day suspension.

KRISTEN LIPSCOMBE/METRO

CRIME

Police investigating alleged robbery, assault on senior

Four men allegedly broke into a Halifax home and hit the senior resident inside over the head Monday night, police said.

Halifax Regional Police added Tuesday that investigators are still trying to track down the four suspects, who were all described to them as white men in their 20s. They were all wearing hoodies at the time of the crime, one of them bright orange, a news

release said.

Officers responded to the home on the 0-100 block of Plateau Crescent in Clayton Park shortly after 9 p.m. on Monday, about an hour and a half after the robbery took place, police said.

The 62-year-old man inside was home alone when someone knocked at the door. "When he opened the door, four men entered his apartment," the release

said. "One of the men hit him in the head and demanded cash and prescription drugs."

Paramedics with Emergency Health Services transported the man to hospital with non-life threatening injuries.

Police don't believe this was random and ask those with information to call them at 902-490-5016 or Crime Stoppers at 1-800-222-8477. KRISTEN LIPSCOMBE/METRO

FREDERICTON

Man faces charges for death of girl, 2

Police have arrested a 36-year-old man in connection with the death of a two-year-old girl that occurred more than 11 years ago in a small community south of Fredericton.

The RCMP say in a news release that Kennedy Corrigan of Central Blissville died in hospital on April 9, 2004 from a massive head injury that occurred seven days earlier at

her home.

Police say medical evidence at the time of her death supported the police theory of a non-accidental death but was not definitive.

Const. Jullie Rogers-Marsh says new evidence led to a man's arrest on Tuesday.

He is scheduled to appear in Burton provincial court on Wednesday. THE CANADIAN PRESS

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'Urgent' need for reconciliation

COMMISSION

Government pursued policy of 'cultural genocide'

The residential schools that removed aboriginal children from their homes, subjecting many of them to substandard education, malnutrition, abuse, illness and even death was a key part of a government-led policy that amounted to cultural genocide, the Truth and Reconciliation Commission concludes.

"These measures were part of a coherent policy to eliminate Aboriginal people as distinct peoples and to assimilate them into the Canadian mainstream against their will," says the 381-page summary of its final report released Tuesday in Ottawa.

"The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources," says the report.

The heart-wrenching and damning report is the culmination of a six-year examination of the history and legacy of resi-

dential schools — largely operated by churches and funded by the Canadian government — that saw 150,000 First Nations, Métis and Inuit children come through their doors for more than a century.

The exercise has been "a difficult, inspiring and very painful journey for all of us," said Justice Murray Sinclair, Canada's first aboriginal justice and the commission's chairman.

"The residential school experience is clearly one of the darkest most troubling chapters in our collective history," Sinclair told a packed news conference Tuesday in Ottawa.

Through the testimony of residential school survivors, former staff, church and government officials and archival documents, the Truth and Reconciliation Commission pieced together a horrifying history that, despite its ripple effects, has been repeatedly dismissed or ignored.

It also describes how the legacy of residential schools continues, not only through the direct effect that generations of institutionalization and abuse has had on survivors and their families, but how it is manifested in racism, systemic discrimination and poverty, as well as dying indigenous languages. **TORSTAR NEWS SERVICE**

Commission chairman Justice Murray Sinclair, centre, and fellow commissioners Marie Wilson, right, and Wilton Littlechild discuss the commission's Tuesday report on Canada's residential school system. **THE CANADIAN PRESS**



"I saw violence for the first time. I would see kids getting hit. Sometimes in the classrooms, a yardstick was being used to hit ... We never knew such fear before."

Rachel Chakasim, who was schooled in Fort Albany, Ont.

"They just gave me a number ... And it was No. 16 and I'll never forget that number."

Lorna Morgan

QUOTES SOURCE: THE CANADIAN PRESS

150K

The number of children estimated to have gone through the residential school system.

80,000

Estimated number of living residential school survivors.

3,200

The number of cases in the National Residential School Student Death Register, although the number of deaths is believed to be in excess of 6,000.

1996

The year the last school closed.

NUMBERS SOURCE: THE CANADIAN PRESS

6

HIGHLIGHTS OF THE COMMISSION'S REPORT

The Truth and Reconciliation Commission put forward 94 recommendations to address the continuing legacy of the residential school system, improve the plight of Aboriginal peoples and restore relations between them and other Canadians. Here are a few highlights.

TORSTAR NEWS SERVICE



Boys in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. **CONTRIBUTED/ALGOMA UNIVERSITY**

1 CHILD WELFARE

Governments should work to reduce the number of aboriginal children in care and set national standards for those that are in care. They should also fully implement Jordan's Principle to help resolve jurisdictional disputes. This would mean that for services that are only available off-reserve, any government department first contacted would pay for it first and seek reimbursement from the responsible department later.

2 EDUCATION

Repeal Section 43 of the Criminal Code, which allows corporal punishment, even by school teachers, implement new federal legislation on aboriginal education and eliminate discrepancy in federal funding for First Nations children going to school on reserves and those educated outside their communities.

3 LANGUAGE & CULTURE

The federal government should acknowledge that aboriginal rights include language rights. Post-secondary institutions should develop programs in aboriginal languages and survivors who had their names changed should have fees waived if they wish to change their government-issued identification back to their birth names.

4 HEALTH

Establish measurable goals to close the gap in health outcomes between Aboriginal peoples and other Canadians and report on their progress, provide sustainable funding for aboriginal healing centres and recognition of aboriginal healing practices within the health-care system.

5 JUSTICE

The federal government should work with aboriginal organizations to call a public inquiry into missing and murdered indigenous women and girls, review and amend statutes of limitation for historical abuse against aboriginal people, as well as work to eliminate the overrepresentation of aboriginal people in custody.



Students reading in a classroom at St. Anne's Indian Residential School in Fort Albany, Ont. **CONTRIBUTED/ALGOMA UNIVERSITY**

6 PATHS TO RECONCILIATION

- Fully adopt and implement the United Nations Declaration on the Rights of Indigenous Peoples;
- Develop a Royal Proclamation of Reconciliation that would reaffirm the nation-to-nation relationship between Aboriginal peoples and the Crown;
- Get an apology from the Pope, by June 2016, for the role the Roman Catholic Church played in the abuse of Aboriginal children in Catholic-run schools;
- Create a mandatory, age-appropriate curriculum on residential schools, treaties and the contributions of Aboriginal people taught across Canada from kindergarten to Grade 12.

Parizeau moved Quebec nationalists to the right

OBITUARY

Premier's post-referendum remarks alienated many

The late former Quebec premier Jacques Parizeau's comments about "money and the ethnic vote" the night the Yes side lost the 1995 referendum never stopped haunting him and the Parti Québécois.

"It's true that we were beaten, but fundamentally by what?" Parizeau asked the large and boisterous crowd the night of Oct. 30, 1995. "By money and the ethnic vote, essentially," he said, throwing his hands up and shaking his head.

The sovereigntist movement changed that night — at least symbolically — said Francine Pelletier, a columnist with Montreal Le Devoir and independent filmmaker behind a 2003 documentary on Parizeau called "Public Enemy Number One."

Parizeau's words "spurred the old sleeping dogs on the right," she said, and were a harbinger of how the PQ and the independence movement would shift course from their progressive roots and towards promoting a project centred on identity and nationalism.

Pelletier said that culminated with the PQ's proposed secularism charter in 2013, which banned public-sector



Former Quebec premier Jacques Parizeau died on Monday night. He was 84. THE CANADIAN PRESS

workers from wearing certain religious clothing. The proposed law was labelled racist and intolerant, dividing the province and helping the PQ lose power after less than two years in office.

Parizeau's words in 1995 also ensured he would be vilified in many circles in the rest of Canada as much as he would be revered in Quebec.

He refused to comment on

“It's true that we were beaten, but fundamentally by what? By money and the ethnic vote, essentially.”

Jacques Parizeau, Oct. 30, 1995, on referendum

his infamous speech when Pelletier interviewed him in 2003, but Parizeau finally weighed in during a radio interview in 2013 where he explained the

remark was referring to community organizations.

"The common front of the Italian, Greek and Jewish congresses was politically active in

an extraordinary way in the No camp and had formidable success," Parizeau told Montreal radio station 98.5 FM.

Social media networks were filled with comments Tuesday praising the former PQ leader, but also with messages of scorn for the "racist" man who came unnervingly close to breaking up the country.

Pelletier said Parizeau's 1995 remarks did not reflect the man he was or his strong social democratic roots.

"It was a tragedy for the movement, but it was especially a tragedy for him because it pinned him for something he was not," she said.

Pelletier said Parizeau should be remembered as someone who stayed loyal to his cause and his convictions, while his former party has employed a strategy that was "all over the map."

Michael Behiels, a political science professor at the University of Ottawa, said the traditional nationalists in the PQ ranks used Parizeau's comments to help justify turning the party more to the right.

But Behiels said Parizeau's words likely came from a place of frustration and anger at losing a referendum — and a life's work — by such a close margin of several thousand votes.

"I think he thought that night there would never be another opportunity in his lifetime (to separate) and events have proven him right," he said. THE CANADIAN PRESS

PARLIAMENT SHOOTING

Video not released

A video showing Michael Zehaf Bibeau's first moments inside the Centre Block is being kept secret even as reports are to be made public Wednesday detailing the security response on the day of Parliament Hill shooting.

Cameras near the front door of the Centre Block captured Zehaf Bibeau wrestling with a House of Commons security guard and shooting at other guards before sprinting down the Hall of Honour, according to two sources with knowledge of the video.

There are no cameras in the hall itself, which runs between the Conservative and NDP caucus rooms.

Zehaf Bibeau was killed in a shootout with security forces at the end of the hall.

Heather Bradley, a spokeswoman for House of Commons Speaker Andrew Scheer, says the video won't be made public for security reasons.

THE CANADIAN PRESS

IN BRIEF

Nunavut wants university

The government of Nunavut has announced it will take the next step toward creating an Arctic university by funding a feasibility study.

Quebec-based mining company Agnico Eagle, which operates a gold mine in Nunavut, recently offered \$5 million to the territory to start a university. Canada remains the only Arctic nation in the world that doesn't have a university located in its North. THE CANADIAN PRESS

B.C. SUPREME COURT

Bomb plot pair guilty

A British Columbia couple has been found guilty by a jury of plotting to set off handmade pressure-cooker bombs at the provincial legislature two years ago.

The panel convicted John Nuttall and Amanda Korody of conspiracy to commit murder and possession of an explosive substance on behalf of a terrorist group.

Jurors watched countless hours of video evidence collected as part of a lengthy RCMP sting that involved undercover officers with supposed terrorist connections befriending the pair. THE CANADIAN PRESS

INTERNATIONAL SPACE STATION

Canadians to visit ISS in 2019, 2024

Canada's two astronauts will finally get their chance to visit the International Space Station.

Industry Minister James Moore says Jeremy Hansen and David Saint-Jacques will fly in space by 2024.

He made the announcement today at the Canada Aviation and Space Museum in Ottawa.

They were first selected to join the Canadian astronaut corps in May 2009.

A background paper says one of the Canadians is guaranteed a flight by 2019 and the other by 2024.

It also says the choice of who flies first will be based on mission requirements, which

will be discussed with Canada's space station partners during the coming months.

The last Canadian to visit the orbiting space lab was Chris Hadfield, who left in May 2013 after spending five months on board.

Moore's announcement is the result of Canada's decision to renew its participation in the space station until 2024.

The space station is a joint endeavour among space agencies from Canada, the United States, Japan, Russia and the European Union.

Canada is the third country to extend its participation after the United States and Russia.

THE CANADIAN PRESS

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FIFA president's 17-year rule tainted by scandal

SOCCER

Sepp Blatter could be a target of U.S. investigators

The end for Sepp Blatter came suddenly, just days after he had seemingly solidified his hold on FIFA.

The 79-year-old leader of the world's most popular sport defied global animosity last week to win four more years in office. But his re-election only increased the pressure from colleagues, sponsors, athletes and fans for Blatter to step down as FIFA's president.

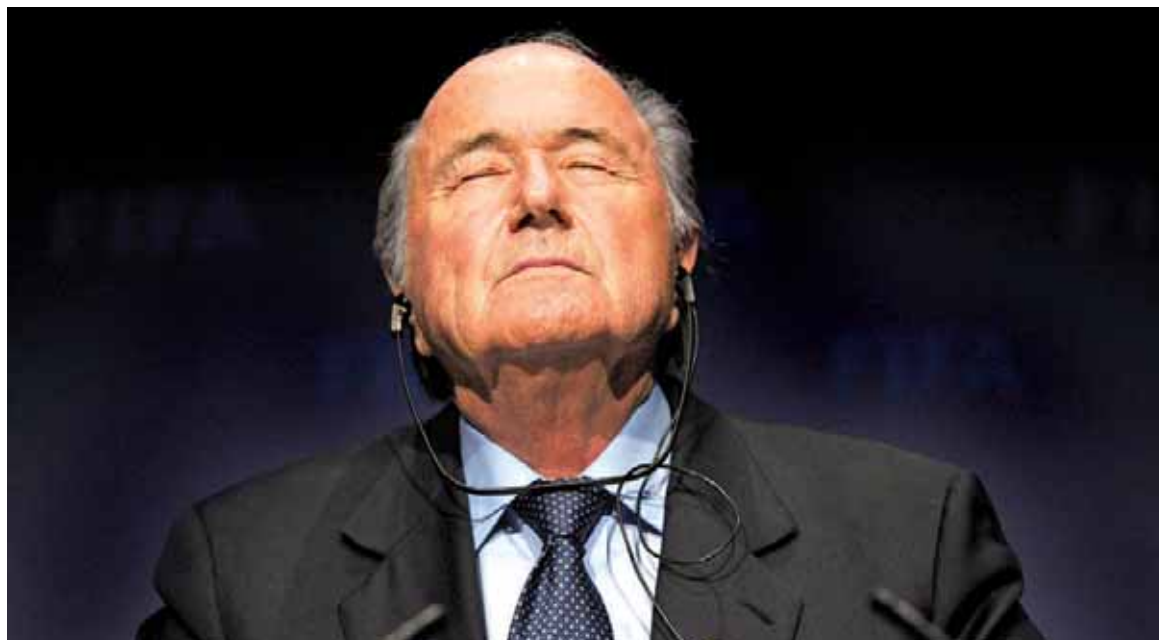
At a hastily arranged news conference Tuesday, Blatter announced he would leave office within months and called for a fresh election to appoint a successor.

"I cherish FIFA more than anything and I want to do only what is best for FIFA and for football," said Blatter, who could still be a target of U.S. investigators delving into decades of corruption and bribery accusations against FIFA officials.

After generations under Blat-

+ BACKGROUND

The U.S. Department of Justice indicted 14 men last Wednesday. The Swiss attorney general said Blatter was not under investigation in Switzerland, but authorities said last week they have opened a criminal probe into the 2018 and 2022 World Cup bidding votes.



In this Friday, Nov. 19, 2010, file photo FIFA President Sepp Blatter pauses during a press conference following a meeting of the executive committee in Zurich, Switzerland. FIFA President Sepp Blatter will resign from soccer's governing body amid a widening corruption scandal and promised Tuesday to call for fresh elections to choose a successor.

STEFFEN SCHMIDT/KEystone VIA THE ASSOCIATED PRESS FILE

ter and his mentor, Joao Havelange, the announcement left FIFA without a leader and without a clear course forward. It sets off a global power struggle for control of the organization as a criminal investigation intensifies.

A strained and serious Blatter read a six-minute statement in French before exiting without taking questions.

Blatter had been defiant and feisty in the same room on Saturday, fending off questions about FIFA's battered reputation and the chance he could be arrested.

His mood had changed in the 24 hours before his announce-



It was a difficult decision, a brave decision, and the right decision.

Michel Platini, president of European body UEFA

ment, Blatter aide Walter Gagg told The Associated Press.

A federal indictment last week detailed apparent bribes from a FIFA account totalling \$10 million to senior officials for voting South Africa as the 2010 World Cup host. Late Monday, reports laid a clearer trail of complicity to the door of FIFA headquarters, if not Blatter himself.

"We know that in the last 48 hours he was thinking of the fu-

ture and perhaps what happened in the last hours, this gave him the conviction," Gagg, a longtime confidant of Blatter, told the AP in a telephone interview.

"We had lunch with him yesterday (Monday). He was relaxed he was fine," Gagg said. "I had a very good meeting with him early in the morning (today). Then came the different information from the U.S. with this and that."

The South African angle threatens to tarnish memories of a bid campaign that brought Nelson Mandela to Zurich for the winning vote in 2004.

At risk also is the legacy of a World Cup that was an organizational triumph for FIFA and South Africa, and bolstered Blatter's reputation as a friend of Africa whose loyalty stood firm in Friday's election.

Even before the election, Blatter's ability to travel to the U.S., or other countries where the Swiss national risked arrest and extradition, had become a distracting story.

THE ASSOCIATED PRESS

CHINA

Hundreds missing from ship

As the Eastern Star cruise ship listed heavily amid pounding rain on the Yangtze River, tour guide Zhang Hui told a colleague, "Looks like we are in trouble."

The vessel capsized in the storm Monday night with 458 people aboard, touching off a frantic rescue effort. At least 15 people were brought to safety, including three pulled from the overturned hull Tuesday, and five people were confirmed dead, the official Xinhua News Agency reported.

The vessel was carrying mostly elderly tourists from Nanjing to the southwestern city of Chongqing when it overturned in China's Hubei Province.

Divers rescued a 65-year-old woman and, later, two men who had been trapped, state broadcaster CCTV reported. It said more people had been found and were being rescued, but did not say whether they were still inside the overturned hull.

CCTV video showed rescuers in orange life vests climbing on the hull, with one of them lying down tapping a hammer and listening for a response, then gesturing downward.

"We will do everything we can to rescue everyone trapped in there, no matter they're still alive or not, and we will treat them as our own families," Hubei military region commander Chen Shoumin said at a news conference shown live on CCTV.

The survivors included the ship's captain and chief engineer, both of whom were taken into police custody, CCTV said. Relatives who gathered in Shanghai, where many of the tourists started their journey by bus, questioned whether the captain did enough to ensure the passengers' safety and demanded answers from local officials in unruly scenes that drew a heavy police response.

Xinhua quoted the captain and the chief engineer as saying the four-level Eastern Star sank quickly after being caught in what they described as a cyclone. The Communist Party-run People's Daily said the ship sank within two minutes.

Zhang, the tour guide, said in an interview with Xinhua from his hospital bed that he grabbed a life jacket with seconds to spare as the ship listed in the storm, sending bottles rolling off tables and suddenly turned all the way over. The 43-year-old said he drifted in the Yangtze all night despite not being able to swim, reaching shore as dawn approached.

Some survivors were rescued after search teams climbed on the upside-down hull and heard people yelling for help from within. THE ASSOCIATED PRESS

UNITED STATES

Congress approves changes to surveillance laws

Congress approved sweeping changes Tuesday to surveillance laws enacted after the Sept. 11 attacks, eliminating the National Security Agency's disputed bulk phone-records collection program and replacing it with a more restrictive measure to keep the records in phone companies' hands.

Two days after Congress let the phone-records and several other anti-terror programs expire, the Senate's 67-32 vote sent the legislation to President Barack Obama, who said he would

sign it promptly.

"It protects civil liberties and our national security," Obama said on Twitter. The bill signing could happen late Tuesday or early Wednesday, but officials said it could take at least several days to restart the collection.

The legislation will revive most of the programs the Senate had allowed to lapse in a dizzying collision of presidential politics and national security policy. But the authorization will undergo major changes, the legacy of agency contractor Edward

Snowden's explosive revelations two years ago about domestic spying by the government.

In an unusual shifting of alliances, the legislation passed with the support of Obama and House Speaker John Boehner, R-Ohio, but over the strong opposition of Senate Majority Leader Mitch McConnell. McConnell failed to persuade the Senate to extend the current law unchanged, and came up short in a last-ditch effort Tuesday to amend the House version.

THE ASSOCIATED PRESS

+ BOSTON

Man under surveillance by terrorism investigators pulls knife and is shot dead

A man under 24-hour surveillance by terrorism investigators was shot and killed outside a pharmacy Tuesday after he lunged with a knife at a city police officer and an FBI agent, police said. Police Commissioner Williams Evans said members of the

Joint Terrorism Task Force approached 26-year-old Usaama Rahim to question him about "some terrorist-related information" when he came at officers with a large military style knife. The Boston FBI office would not say why Rahim was under surveillance, but Evans said a "level of alarm" prompted authorities to try to question him.



APPLE 'SMART' HOME GADGETS GO ON SALE Apple senior vice-president of Software Engineering Craig Federighi introduces the Apple HomeKit app at last year's Apple Worldwide Developers Conference. The first "smart" home gadgets that can be controlled by Apple's voice-activated digital assistant are going on sale this week, just days after rival tech giant Google announced its own software for Internet-connected home appliances and other gadgets. THE ASSOCIATED PRESS FILE

U.S. FOOD AND DRUG ADMINISTRATION

Safety still an issue with 'female Viagra'

The makers of a pill intended to boost sexual desire in women will try again this week to persuade regulators that the drug warrants approval, following two rejections.

But a new review released by the Food and Drug Administration shows government scientists still have concerns about whether the drug's benefits outweigh its risks. The FDA review highlights several safety issues with flibanserin, includ-

ing low blood pressure and fainting spells. Those problems increased when patients combined the drug with alcohol and some other medications, according to the document.

A panel of FDA experts will discuss the drug at a public meeting Thursday, before voting on whether to recommend its approval.

For decades, drugmakers have tried unsuccessfully to develop a female equivalent

to Viagra, the drug that treats men's erectile dysfunction by increasing blood flow. But disorders of women's sexual desire have proven resistant to drugs that act on blood flow, hormones and other simple biological functions.

Supporters of Sprout Pharmaceutical's drug say women's sexual disorders have been long overlooked by the FDA. But critics argue that drug development efforts like Sprout's med-

icalize women's sexual problems, which are often related to stress, relationship issues and other life circumstances.

"There are certainly women who have low libido and are distressed by it," says Dr. Adriane Fugh-Berman, an associate professor at Georgetown University. "But for those women therapy is the best solution, because this is not a medical disease."

THE ASSOCIATED PRESS

Big Tobacco not off hook

SMOKING

Quebec ruling boosts hopes for provinces' \$120B lawsuits

A "devastating" court decision in Quebec against three major Canadian tobacco companies could provide a boost to provinces seeking to recoup health-care costs from tobacco companies.

All provinces have filed medical cost recovery lawsuits to go after so-called Big Tobacco for health-care costs stemming from smoking-related disease.

The provinces are seeking about \$120 billion collectively and the favourable Quebec ruling will reverberate Canada-wide, said Rob Cunningham, a lawyer and senior policy analyst at the Canadian Cancer Society.

On Monday, a Quebec Superior Court Justice awarded more than \$15 billion to Quebec smokers who had filed class-action lawsuits nearly 17 years ago.

Justice Brian Riordan's 276-page ruling dealt what Cunningham called "a massive, devastating victory against the tobacco industry." All three firms — Imperial Tobacco, Rothmans, Benson & Hedges and JTI-Macdonald — immediately announced their intention to appeal.

"It's the first time in court, in Canada, they've had to defend and be accountable for their actions over decades and the court found they were liable for \$15.5 billion," said Cunningham.

The Quebec case was distinct from suits launched by the provinces, but many of the arguments in the cases overlap.

The Quebec action put a mountain of evidence at the provinces' disposal: Tens of thousands of pages of documents and testimony heard over more than two years of hearings are available to them.

No trial dates have been set in those provincial recovery suits, which — unlike in the Quebec case — aim to go after the foreign-based parent companies of the Canadian tobacco firms.

THE CANADIAN PRESS

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IN BRIEF

Walmart raising wages

Walmart is raising starting wages in the U.S. for more than 100,000 department managers and workers in its deli and other specialized departments. In February, it announced it was increasing minimum wages for entry-level and long-term hourly employees. THE ASSOCIATED PRESS

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THE BIG THING: DRIVERLESS CARS — REVOLUTION OR RISKY MOVE?



1 Bump on the road Security firm MSI says hackers could wirelessly disrupt a self-driving car's sensors, causing it to accelerate instead of brake, for example. Today's systems aren't designed to respond.

2 Ready to ride Last month Google announced testing of its self-driving cars on California roads. Mercedes-Benz and Apple are working on similar prototypes. You might be able to own one as early as 2020.

The driverless car may be only a few years away from a highway near you. But now two U.S. companies working with the University of Virginia and the Pentagon have shown that it may be easier than once thought to hack the vehicles' auto-piloting computer systems — a vulnerability with potentially deadly consequences.

AGENCE FRANCE-PRESSE

3 Preparing for the worst Manufacturers have tried to mitigate the risk of cyber-attacks. Google, rumour has it, has an elite team of hackers looking for ways to mess with its cars' system.

ROSEMARY WESTWOOD

metroview

Reconciliation calls on all of us to help heal our country

What can I do?

That's the question for all of us, now that the Truth and Reconciliation Commission has released its final, exhaustive and damning report.

It finds the government and churches committed cultural genocide through the residential school system, and the legacy has been devastating.

"We fed our experiences to our children," as one survivor described the ripple effect of the horrors.

Poverty, higher rates of incarceration, children in state care and violence against aboriginal women: The commission's report calls for specific efforts to end all of these.

It also calls on each of us to learn the truth about residential schools and accept our role in healing our country. It's clear we have work to do.

In 2013, 60 per cent of Canadians felt aboriginal people bring their problems on themselves, according to an Ipsos Reid survey.

It's time to ask: Whose history have we been fed? Whose prejudices do we still carry? What can we do to end institutionalized racism?

The indigenous and non-indigenous communities "have to support one another," Andrea Chrisjohn, of the Toronto Council Fire Native Cultural Centre, told me. "How do we come up with solutions instead of just saying 'It's not

my problem'?"

As commissioner Marie Wilson said, we can take the stories of abuse and loss into our hearts. We can use them as a new window through which to see our own history.

We can also educate ourselves. We can learn what treaty land or traditional territory we live on, suggested Michael Redhead Champagne, a Winnipeg activist and founder of Aboriginal Youth Opportunities.

"Do you know the history?" he asked, of place names like Dakota and Toronto, which have indigenous origins?

We can amplify the voices of local activists, he added, and write letters supporting them to elected officials or the media.

We can also call our local Aboriginal Friendship Centre — they are in many Canadian cities — and ask how we can help out, Chrisjohn said.

And I'll add: We can make aboriginal issues a part of our vote this fall.

The next government will play a key role in determining the success of this commission's work.

The report can gather dust on a shelf, or it can galvanize broad societal change. The first would perpetuate cultural superiority. The second would lead us closer to equality.

Vote for the one you think is right.

Even without meat, the food future looks tasty

THE SCIENCE

Stephanie Orford



The costs of a meat-heavy diet are becoming apparent.

Beef prices are climbing. The average price of regular ground beef rose 41 per cent between April 2012 and April 2015, according to Statistics Canada. And Canadian meat prices are set to remain high for years to come, a Guelph, Ont.-based food industry analyst said Monday.

The problem is going to affect us all. The world population is projected to reach nine billion by 2050, and demand for meat is set to increase worldwide, especially in Asia. Animal products make up 20 per cent of the human diet on average worldwide.

But meat consumption is going to have to drop to five per cent of our diets if we're going to feed everyone —

not rise, as the trends suggest will happen.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

Beef is the biggest agricultural contributor to greenhouse gas emissions and environmental degradation. Raising beef generates six times more greenhouse gas per unit of protein than pork, chicken, or eggs.

Meat alternatives in stores and restaurants are becoming more popular, healthier and tastier, and they're much better for the environment.

Cultured meat, for instance, is estimated to produce 96 per cent less greenhouse gas and at least 82 per cent less water than livestock. And no more grazing means land can be freed up for growing more sustainable crops.

The first lab-grown burger,

cultured from cow muscle cells, was produced in 2013 by a lab from Maastricht University in the Netherlands, funded by Google's co-founder Sergey Brin. In March a Tel Aviv University lab unveiled its project to grow chicken muscle tissue using a similar technique.

Lab meat isn't cheap — that first burger cost about \$300,000 US — but the price has already dropped to about \$12. It looks like it won't be available at your local burger joint for at least 20 years, however.

Meanwhile, other companies are finding ways of creating meat and egg alternatives that taste good and are relatively inexpensive to produce. And those are on the market now.

Californian food-tech company Hampton Creek created a replacement for egg using proteins from yellow peas and a variety of sorghum, which they use in their cookies and mayo.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

They're making sustainable alternatives to animal products at competitive prices.

Unlike the sawdust-like veggie burgers of decades past, these products are designed to be delicious. This is the future of our meatless diets, and it actually looks pretty tasty.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

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PHILOSOPHER CAT by Jason Logan





Not everyone can look like Chris Hemsworth. A recent U.K. poll shows many men feel uncomfortable when the shirts come off.
EVERETT COLLECTION/HANDOUT

Beach bod anxiety not just a girl thing

BODY IMAGE

Poll finds one third of men feel a pressure to look good

The furor over a recent ad campaign by weight loss supplement Protein World that asks: "Are you beach body ready?" highlighted just how polemic a topic body image is for women. But it turns out men can also feel self-conscious about stripping down to their bathing suits.

According to a poll by the

STILL, WOMEN HAVE IT HARDER

The survey results were even more dramatic for the women polled, with just three per cent of female respondents describing them-

selves as "happy" with their bodies, and a huge 39 per cent admitting they would feel "unconfident" wearing a bikini.

market research app OnePulse, only eight per cent of men feel "very happy" with their bodies, while 11 per cent are unhappy with their physique and a further 11 per cent claim they "hate" the way they look.

And while 22 per cent say they don't feel any pressure to have the perfect figure, almost

one third of respondents (29 per cent) feel the pressure to look good thanks to women. It seems male pride has much less influence when it comes to looks, with only 16 per cent claiming to feel the heat from other men.

The news flies in the face of the recent "Dad Bod" phenom-

enon, which saw "everyday men" gain sex appeal in the eyes of the media and woman-kind for their "non-threatening" and "cuddly" physiques.

Yet despite feelings of dissatisfaction, some 20 per cent of men claim to lack the motivation to "work on their body." With summer around the corner, 33 per cent are willing to dig out their gym gear ahead of beach season, while 22 per cent have the impetus to take care of their physiques all year round.

The poll surveyed 400 males and 500 females aged between 16 and 65 from all around the U.K. AFP

KASA MOTO

Thinking outside the bento box

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



Hamachi Ponzu in a new way to serve sashimi — delicate and textural. THERESA ALBERT

If your favourite Japanese restaurant has bento boxes, that's delightful for a Wednesday lunch. However, contemporary Japanese cuisine has raised the bar. Kasa Moto opened its doors in Toronto's Yorkville this week and executive chef Michael Parubocki hopes some of his staff's exquisite attention to tradition while welcoming innovation will set the pace. Here's what's next:

- House-made soy sauce. The choices are no longer "salty" or "watered down salty." This artisan liquid takes up to six months of fermenting for each batch.

- Burdock root. This root vegetable hailing from Jerusalem is crisp and pungent. It is usually blanched and then pickled or otherwise dressed for use in sal-

ads or as a side dish.

- Salt-pickled sakura cherry blossoms. Don't look for this on every modern menu. Kasa Moto may be unique in its importing of this highly perishable, delicate flower petal that's pickled in plum vinegar and then dried.

The traditional tastes and techniques remain. Attention to detail and the natural beauty of each food will never go out of style. THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

EMBRACING WINE'S BLACK SHEEP

LIQUID ASSETS

Peter Rockwell

@therealwineguy



There are grapes that people just love to hate. As polarizing as some fruit can be, an interesting trend has emerged that has more open-minded wine lovers embracing these black sheep berries as if they're a badge of nonconformist cool. California's signature grape, Zinfandel, has strug-

gled to find an audience thanks to its pink version's reputation as a drop you drink when you know nothing about wine. Zinfandels love a barbecue, with Cline Cellars' 2013 Lodi Zinfandel (\$16.15 - \$17.99) serving up soft, bright, wild berry and a smooth finish that works just fine as a by-the-glass sipper or as a partner for grilled red meat. Prices reflect the range across the country. Some products may not be available in all provinces.



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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 Britney Spears ft. Iggy Azalea
Pretty Girls
- 5 Jason Derulo
Want To Want Me
- 4 Flo Rida ft. Sage The Gemini
G.D.F.R.
- 3 Wiz Khalifa ft. Charlie Puth
See You Again
- 2 OM!
Cheerleader
- 1 David Guetta ft. Afrojack, Nicki Minaj
Hey Mama

1013TheBOUNCE.com 1013thebounce

6 SUPERFOODS THREATENING OUR PLANET

When it comes to eating right, there's more to chew over than how our bodies can benefit

MATT KWONG/FOR METRO LIFE@METRONEWS.CA

Superfoods might be the heroes of the healthy-minded cook, but a growing chorus of environmental advocates is sounding off about their potentially destructive ecological consequences.

The latest wonder ingredient turned villain? The almighty almond, which has drawn the ire of water conservationists for draining California's lands amid an ongoing drought.

Long championed for its antioxidant properties, cholesterol-lowering powers and high protein and vitamin E con-

tent, the humble almond is a deceptively high-maintenance crop, demanding about 3.8 litres of water (a gallon) per nut.

California almonds consume 4.06 trillion litres of water every year, making the state's almond industry more water-intensive than the indoor water usage of families in the Golden State.

Even so, almonds are far from the only nutrient-loaded snack with a dubious ecological footprint.

BLUEBERRIES

Claimed health benefits:

Antioxidant-packed with vitamins K and C, potassium, and an excellent source of fibre, which helps lower risk of heart disease

Environmental impact: U.S. blueberries are listed among Environmental Working Group's produce items with high pesticide residue. Chemical spraying contaminates soil and can degrade soil quality

Where it grows: North America and South America. The U.S. is the world's largest producer

Popularity: The U.S. exported \$145.7 million in fresh blueberries in 2012, up 17 per cent from 2011, according to the Agricultural Marketing Resource Center. Canada was the biggest customer



ALL PHOTOS ISTOCK

RED PALM OIL

Claimed health benefits: Rich in vitamin E, antioxidant properties, carotenes and palmolein, which has been promoted as a fat-burning micronutrient

Environmental impact: Mass deforestation of tropical forests in West Africa and Central America to make way for oil palm plantations has led to loss of habitats for endangered species

Where it's produced: Africa, South America and South Asia

Popularity: About 57 million tonnes of palm oil was consumed worldwide in 2013, according to the Roundtable on Sustainable Palm Oil



TOFU/SOY-BASED

Claimed health benefits:

Good source of protein, lowers cholesterol

Environmental impact: High energy output from factories for treating, processing and forming soybeans into slabs of tofu

Where it's grown: Soybeans grown in China, U.S.

Popularity: Global soy production in 2012 was 270 million tonnes, up from 130 million tonnes in 1996



THE DIRTY DOZEN

Environmental Working Group's 2015 rankings of popular produce with the highest pesticide residue.

- 1 Apples
- 2 Peaches
- 3 Nectarines
- 4 Strawberries
- 5 Grapes
- 6 Celery
- 7 Spinach
- 8 Sweet bell peppers
- 9 Cucumbers
- 10 Cherry tomatoes
- 11 Snap peas, imported
- 12 Potatoes

SOURCE: EWG.ORG

GREEK YOGURT

Claimed health benefits: Low in fat, high in calcium and vitamin B12, packed with probiotics to aid digestion

Environmental impact: Greek yogurt owes its thick consistency to straining, but the process leaves an "acid whey" byproduct that is difficult to dispose of. Acid whey can pollute waterways and risks harming marine life

Where it's produced: Originally Central Asia and the Middle East, now mostly U.S.

Popularity: Commanded 49 per cent of the U.S. yogurt market in 2014, up from one per cent in 2007



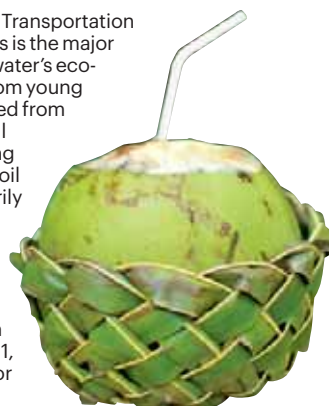
COCONUT WATER

Claimed health benefits: Rich in potassium, boosts hydration, low in calories

Environmental impact: Transportation and burning of fossil fuels is the major contributor to coconut water's eco-footprint, as the liquid from young coconuts must be shipped from southeast Asia. Chemical fertilizers to meet growing demand also degrades soil

Where it's found: Primarily the Philippines, Indonesia, India

Popularity: Sales of top brands hit nearly \$400 million in North America in 2013, up from about \$150 million in 2011, according to Euromonitor



FARMED ATLANTIC SALMON

Claimed health benefits: High omega-3 content, fatty acids associated with lowering risk of heart disease

Environmental impact: Wild salmon stocks are unsustainable. Farm-raised salmon threaten oceans due to expulsion of waste from overcrowded pens as well as spread of sea lice. The farm-raised salmon industry also interrupts natural biodiversity

Where they're raised: In Canada, Atlantic and Pacific coasts

Popularity: Farmed salmon consumption tripled to more than 110 million kilograms a year in the U.S. in 2010, up from about 3 million kilograms a year in the 1980s according to the Atlantic Canada Fish Farmers Association



URBAN GARDENING

If you grow your own veggies...

City-grown vegetables are likely safe to eat, according to a new study, published in the Journal of Environmental Quality, that takes a look at the popular practice of urban gardening.

Nearly all the vegetables grown in the experiment had low contaminant levels.

While root crops could absorb enough lead to dip into the red zone of safety standards, this shouldn't keep urban gardeners from growing them, says Ganga Hettiarachchi of Kansas State University.

Cleaning is the first important step in ousting the toxins from your city-grown veggies.

"Thorough washing is definitely the key," says the agronomist.

"Soap isn't even really necessary if you wash all of the visible soil off with water in your kitchen. The main point is to make sure you're not eating soil."

AFF

THE CLEAN 15

Environmental Working Group's 2015 rankings of popular produce with the lowest pesticide residue.

- 1 Avocados
- 2 Sweet corn
- 3 Pineapples
- 4 Cabbage
- 5 Sweet peas, frozen
- 6 Onions
- 7 Asparagus
- 8 Mangos
- 9 Papayas
- 10 Kiwi
- 11 Eggplant
- 12 Grapefruit
- 13 Cantaloupe
- 14 Cauliflower
- 15 Sweet potatoes

+ WINE VS. BEER THE BEST BEVERAGE TO LEVERAGE YOUR ECO-FRIENDLY FOOD

One of the pleasures of eating well is enjoying wine or beer with a meal. But which drink is the more environmentally sustainable beverage?

We asked Tony Aspler, the Wine Guy, and he says wine comes out on top.



Producing beer is much more energy involved, says the wine expert.

"It demands a lot of heating. Wine is a much more natural phenomena," says Aspler. "Grapes are harvested and either fermented with natural yeast or inoculated yeast."

Aspler recommends buying from a local winery whose farming practices are sustainable.

"Look for organically made wines and wineries that are certified bio-dynamic, like Southbrook," Aspler says.

And if you're wondering what to look for when buying an environmentally friendly Canadian brew,

Christopher Lowry of Ecotone Productions and the founding director of Brewers Plate Toronto, says, "The simple answer is, buy local first."

"Ontario craft brewers make some of the best

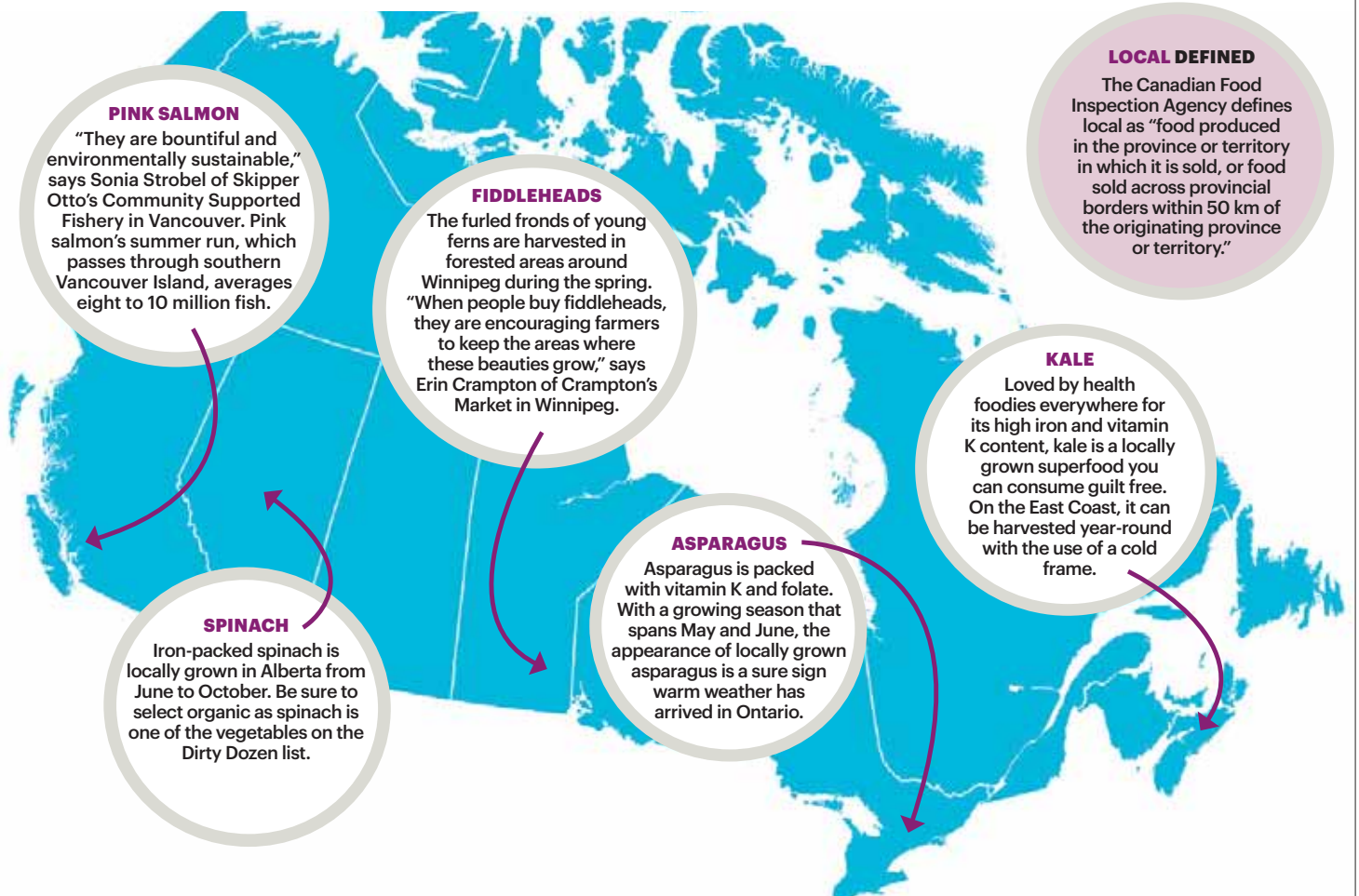


beer in the world, and it doesn't have to travel far to get to you.

"Some craft brewers are also sourcing local organic ingredients. It turns out we grow amazing hops in Ontario." HENRIETTA WALMARK/METRO

EATING LOCAL AND IN-SEASON ONE EASY WAY TO LESSEN THE ECO-FOOTPRINT OF YOUR DIET

Locally produced food is fresher, which translates to higher nutrient levels, and eating in-season ensures variety in our diet. Eating local and in-season is also easier on the grocery bill. Here Metro offers a few suggestions for some of Canada's largest centres LIZ BROWN/METRO



WATER CONSUMPTION

Guess how many showers you would have to give up for a burger

If you're a junk food aficionado, don't sit there too smugly thinking that this page is payback for all the times health food fans have lectured you about your lacklustre diet.

On top of polluting your body, your meals are equally ecologically damaging, especially when it comes to water consumption.

The burger, that sacred symbol of fast-food binging, is also a big water hog.

There are the beef cows that need watering, the thirsty tomatoes and lettuce, and all those wheat crops that need to be grown to make the buns that bookend the patty.

In fact, The Water Brothers, Alex and Tyler Mifflin, whose water conservation show airs on TVO and online at waterbrothers.ca, told Metro that one of the most powerful things diners can do for water resources around the world is cut down

on their consumption of meat and dairy products.

According to Alex, meat and dairy production eats up about 30 per cent of global freshwater demand.

"We're not saying you have to become a vegetarian, but just replacing a couple of meat-based meals with vegetarian proteins can have a big impact on cutting down on water use and water pollution," says Alex.

LIZ BROWN/METRO

It takes 2,400 litres of water to make one hamburger, according to The Water Brothers.

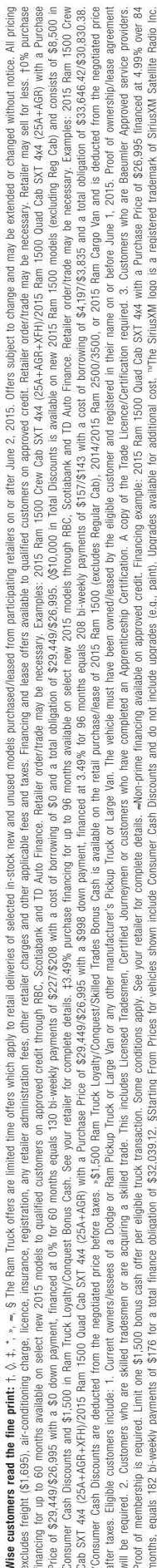


That includes the water needed to produce the beef patty, bun, tomato and lettuce for one burger.



To put it in perspective, 2,400 litres of water could supply you with two months of showers.





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4Runner tackles rough stuff



JIL MCINTOSH/FOR METRO

THE CHECKLIST 2015 TOYOTA 4RUNNER

THE BASICS

Type. 4-door, 5- or 7-passenger midsize 4WD SUV
Engine (hp). 4.0-litre V6 (270)

Transmission. Five-speed automatic

Price. Base \$39,060; as-tested \$45,575 (plus destination)

POINTS

- All 4Runner trims include a towing package, and can pull up to 2,268 kilograms.
- Terrain Edition includes crawl control, an off-road cruise control that can be set for 1.5 to 5 km/h.
- Downhill assist control will automatically slow the 4Runner on steep off-road inclines.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Touch-screen audio with satellite radio.
- Standard rear-view camera.
- Power-operated liftgate window.
- Tire pressure monitoring system.
- 40/20/40 folding and reclining rear seats.

MARKET POSITION

The 4Runner plays in a small field. 4WD, body-on-frame SUVs aren't as fuel efficient as unibody models and are more capable than most people need. Toyota also used to offer the retro-styled FJ Cruiser, a competitor to the Jeep Wrangler.

THE COMPETITION



Jeep Cherokee
Base price: \$24,495



Nissan Xterra
Base price: \$34,013



Subaru Forester
Base price: \$25,995

REVIEW

Toyota SUV also behaves on highways, city streets

Jil McIntosh
For Metro

In the beginning, there were trucks. And from trucks we got utility vehicles, which could handle the rough-and-tough just as well, but carry more people.

Eventually they morphed into the sport utility vehicle, or SUV, most of which softened their tough edges to become more car-like. But there are still a few that can really tackle the rough stuff, including Toyota's 4Runner.

It's still body-on-frame construction, and on this reviewer's Trail Edition tester, you get a part-time four-wheel-drive system that you engage with a lever and which is meant only for off-road, where it'll take the 4Runner through just about anything. If you prefer a four-wheel system that can also be used on dry roads, the Limited trim line uses full-time 4WD.

All 4Runner models contain a 4.0-litre V6 engine with a five-speed automatic transmission. It's a gutsy engine

and a good fit, but this is a heavy vehicle and you'll need to be prepared for the fuel consumption. It's officially rated at 12.8 L/100 km in combined driving, but when this reviewer drove it in cold weather, she topped out at 17.2 L/100 km.

The default configuration is five-passenger seating, but the top-line Limited trim can be optioned to seven passengers. On my Trail Edition tester, the cargo area floor is covered with a handy tray that'll hold 200 kilograms and pulls out for easier loading. You can also hide valuables in the shallow cubby under the tray.

The power-operated rear window disappears completely into the



You'll need to be prepared for the fuel consumption

liftgate so you can toss items in, and can be operated from the key fob, but the liftgate itself is heavy and it takes a

serious tug to pull it closed.

Despite its considerable off-road ability, the 4Runner still behaves well on city streets, and it's quiet and well-mannered on the highway.

The cabin may look a little dated, but the big, simple controls let you adjust the climate or stereo with a minimum of distraction.

The 4Runner's probably far more than most people need, but for those who want both daily urban transportation and a serious off-roader for weekends, this could fit the bill.

SELF-DRIVING VEHICLES

Disruptive era heralds fewer cars on roads

AUTO PILOT

Mike Goetz



Not too long ago the only time people used the word "disruptive" was to describe that kid in grade school who was adept at knocking the class off its educational stride.

Now every time we hear the word, it seems to be in reference to technology and innovation, and how "disruptive tech-

nology" is going to be, well, very disruptive to whatever is going on at the moment.

Digital technology and the Internet are the most obvious and largest "disrupters" of late, and they're just getting started.

Yet we're also heading into an era where we will see a huge disruption in how we use and own vehicles. A vehicle that can do its thing without a human driver, and without accidents, opens up so many possibilities and scenarios, it's hard to image how anything on

the current automotive scene would remain unaffected.

The entities that now design and build our vehicles will have the most adjusting to do, if they want to stay in the "mobility" game. We're already seeing Silicon Valley players, such as Google and Apple, becoming a factor in this industry, which previously revolved around places such as Detroit, Wolfsburg, and Toyota City.

Not only is their technological influence at stake, so is their manufacturing importance. In

a driverless world, you just don't need as many vehicles. A recently released research paper from the English bank Barclays predicted driverless cars will reduce vehicle sales in the U.S. by 40 per cent over the next 25 years, and force domestic players, such as GM and Ford, to cut production here in North America by more than half. Ouch.

The paper also forecasted the main vehicle types that would populate this smaller vehicle pool:

- Traditional vehicles, with no (or limited) self-driving capabilities. These vehicles would primarily be trucks and vans used for work-related activities, but would also include performance and sporty vehicles that some people would want to "self" control, because they find that kind of thing fun.
- Family Autonomous Vehicles (FAVs) would be self-driving vehicles owned by individual families. This category would more or less replace the current luxury category, because it

would have elements of status, comfort, and exclusivity.

- Shared Autonomous Vehicles (SAVs) would be one of the main ways people would get around. Think "robot taxi" service.
- Pooled Shared Autonomous Vehicles (PSAVs) would be similar to SAVs, except the "robot taxi" service would take multiple riders at the same time.

This low-cost transportation option would be a further incentive to forget about "owning" your own car.

GM pulls plug on Volt abroad

SALES

Right-hand drive car to go

General Motors will no longer produce its next-generation plug-in hybrid Volt in right-hand drive for foreign markets. That spells the end of the Holden Volt, as the car is marketed in Australia, reports AutoWeek magazine. The Volt in right-hand drive has been on sale since late 2012, but because of a \$60,000 US price tag and a lack of interest from Aussie buyers, just 246 of the cars have been sold.



TEXT AND IMAGES BY WHEELBASE MEDIA

NEW CARS

Fiat 500X to woo continent

Fiat's 2016 500X tall wagon might do for Fiat what other 500 models haven't: win the minds and wallets of North American buyers in a vehicle class that's expanding quickly. Designed in Italy and aero-smooth in all the right places, Fiat says the 500X blends road manners, appropriate urban dimensions and high fuel economy with a wide-ranging suite of premium safety technologies.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

E-CARS

Big Oil's days numbered?

An upheaval in clean energy is quietly loosening the grip of the world's largest publicly owned oil and gas companies (known as Big Oil) on the automotive industry, say analysts at Bloomberg New Energy Finance. Electric vehicles "are starting to take off, with global sales of 288,500 units last year." While that's just 0.5 per cent of all car sales, it's more than five times the number sold in 2011. That's because electric-car battery costs are falling as fast as solar-panel costs. The price of lithium-ion batteries has fallen 60 per cent from 2010 "and will keep declining at the same pace." Fuel-cell cars are also moving into showrooms from the laboratory. The Chevrolet Bolt (pictured at left), for example, with long electric range, is expected to help make electric cars more popular.



ENERGY

Tesla looks past automobiles

Tesla Motors is reinventing itself to become more than an automotive company, but an "energy innovation company" first and foremost. Its new corporate offshoot, Tesla Energy, will enable homes, businesses and utilities to store electrical energy on site, to manage individual power demand, provide backup power and increase electrical grid resilience. Its Powerwall suite of infinitely stackable lithium-ion batteries mount on a wall to draw and store power from the grid during lower-cost non-peak periods, and/or from roof-mounted solar panels.



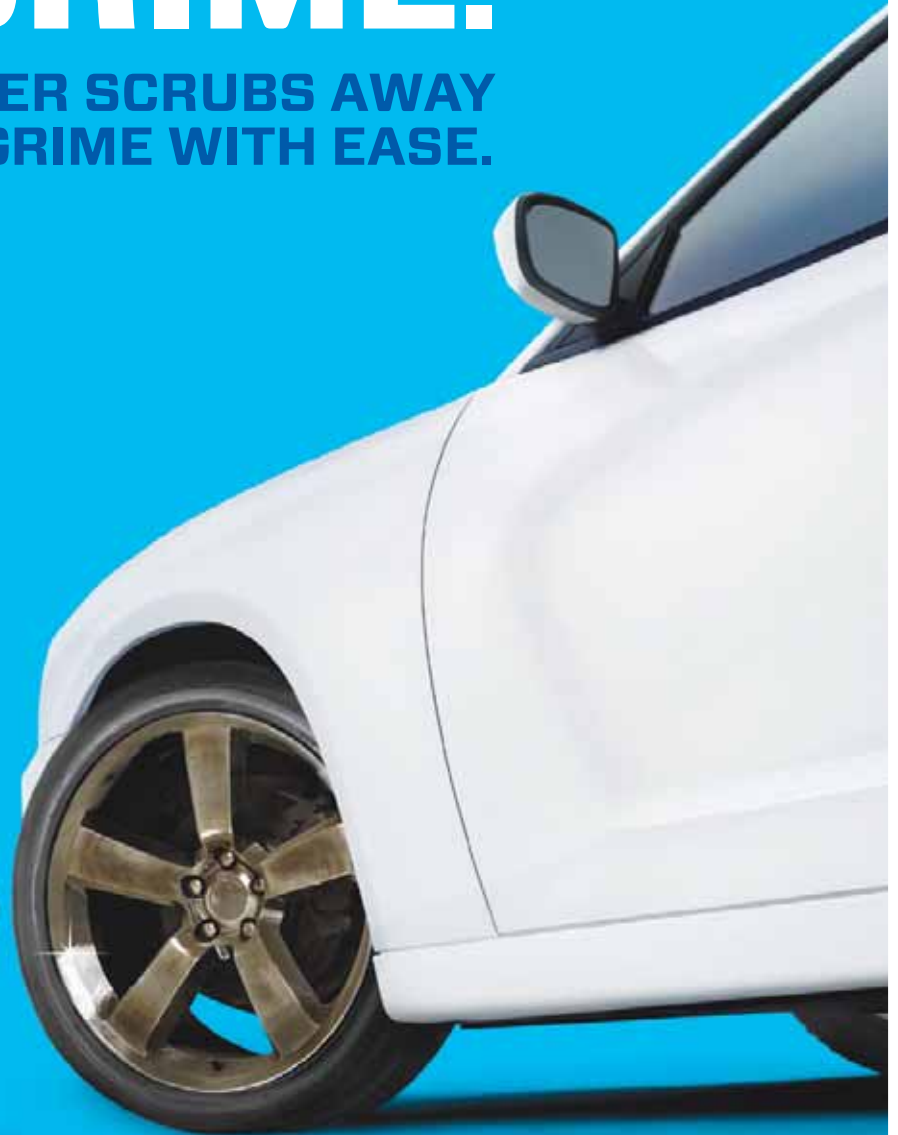
+ INVESTMENT

Toyota to splash out on hydrogen development

As one of the auto industry's leading proponents of hydrogen fuel-cell technology, Toyota has set out to do with fuel cells what it did with gas/electric hybrid tech: to make it mainstream. Toyota will sell \$4.2 billion US-worth of its common shares, mainly to fund fuel-cell research and development. The company began sales last December of the Mirai sedan, its first production car to run on hydrogen and emit only water, reports industry watchdog Automotive News.

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The interior of a 1948 1 1/2 litre-engine Jaguar, restored by its owner in Islamabad, Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS

Rides of a bygone time

VINTAGE CARS

Pakistan's collectors preserve part of history

For an elite but passionate group of vintage car collectors in Pakistan, restoring antique rides is like travelling

back in time — and money seems to be no obstacle when the prize is a Lincoln convertible that belonged to an Afghan king or a Rolls-Royce once used by India's last viceroy.

Mohsin Ikraam, president of the Vintage and Classic Car Club of Pakistan, says the collectors help preserve a portion of the region's history of the past century. Among rich Pak-

istanis, he says, the desire to own classic automobiles has been growing and the club's membership has now topped 10,000.

The club sponsors many promotions and events where owners roll out their antiques for annual car shows or take them on rallies spanning hundreds of kilometres across Pakistan — something that might

Zafar's says his "first love" was a maroon, six-cylinder Wolseley 1936 model — a "wreck" when he found it in 1988. It took him several years and trips abroad to hunt down parts to restore it to original condition, he said.

Getting spare parts is the most challenging aspect of the hobby, the collectors say, and parts are often shipped from

the U.S. or Europe. Advertisements are put in foreign newspapers — even friends travelling abroad are recruited for help.

In response to an ad in 2004, a London broker got Karachi-based businessman Karim Chhapra an original clock he desper-

ately wanted for his 1924 Rolls-Royce Silver Ghost model. It cost £400 — or about \$725 US at the time.

The Rolls-Royce won first place at an international Concours D'Elegance car show in Kuwait in 2012, Chhapra says, and his American 1929 Hupmobile came in second.

The Rolls was originally owned by a prince, Nawab Sadiq Muhammad Khan Abbasi, in the then-India's Bahawalpur state, which later became part of Pakistan. Lord Mountbatten, the last viceroy of India, and Pakistan's father of the nation, Muhammad Ali Jinnah, rode in it together during the 1947 ceremony marking the birth of Pakistan.

It had remained garaged for decades, said Chhapra. When he occasionally takes the \$462,000 Rolls-Royce for a spin, people on the streets stop him for a selfie.

THE ASSOCIATED PRESS

11M

The estimated value — in U.S. dollars — of Pakistan's classic cars industry. THE ASSOCIATED PRESS

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istans, he says, the desire to own classic automobiles has been growing and the club's membership has now topped 10,000. The club sponsors many promotions and events where owners roll out their antiques for annual car shows or take them on rallies spanning hundreds of kilometres across Pakistan — something that might raise eyebrows among those aware of just how volatile this country can be. To outsiders, Pakistan is better known for militant havens in its north-western tribal areas and Taliban insurgents who have fought for more than a decade to overthrow the government and impose a harsh version of Islamic law, killing tens of thousands of people in the war. But Pakistan's gearheads are a testament to the universal appeal of fixing up and maintaining vintage cars. Take businessman Raja Mujahid Zafar, for one. He has nearly 40 classic cars — the oldest among them a 1914 Ford Model T — at his palatial Islamabad home. A special section of the house and grounds is dedicated to his hobby, including a big concrete garage and two outdoor shelters. "You can't stop time," he said, touching the Ford's copper-plated insignia, "but you can drive back into the past." He imagines the car whizzing about on roads back when the region was still a British colony, scenes reminiscent of old movies. "That's the historical ride you enjoy."

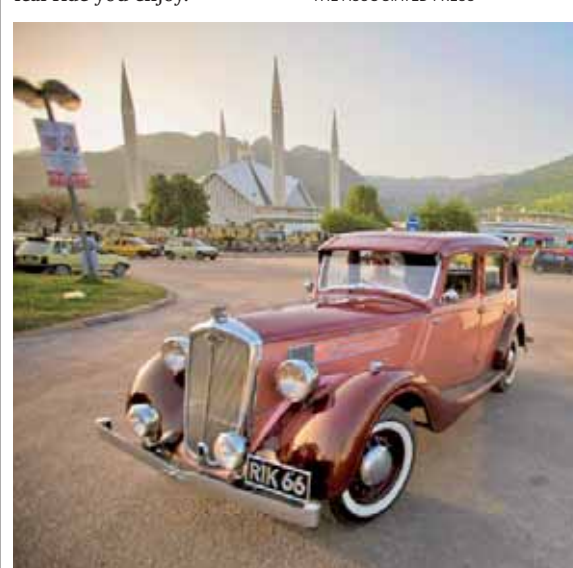
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Raja Mujahid Zafar takes his Wolseley 1936 model car for a spin in Islamabad, Pakistan. B.K. BANGASH/THE ASSOCIATED PRESS

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TRACK MARTIN-EVANS PICKS UP SECOND AT SMU MEET
Jenna Martin-Evans, centre, races to the finish line during the women's 400-metre international dash on Tuesday evening, as part of the 2015 Aileen Meagher International Track Classic at Saint Mary's University. Martin-Evans finished second in the race with a 54.14 time. JEFF HARPER/METRO

IN BRIEF

Pillar punishes Scherzer

Kevin Pillar hit two home runs off Max Scherzer, and the Toronto Blue Jays snapped a four-game skid with a 7-3 win over the Washington Nationals in the second game of a day-night doubleheader.

The Nationals won the opener 2-0 earlier Tuesday.

Scherzer (6-4) had won each of his previous five starts.

THE ASSOCIATED PRESS

Bucholz buckles down

Clay Buchholz pitched eight innings and got an RBI single from Rusney Castillo in the seventh as the Boston Red Sox ended a three-game skid with a 1-0 win over the Minnesota Twins on Tuesday night.

THE ASSOCIATED PRESS

Federer ousted by Wawrinka

Outplayed by his friend and Swiss Davis Cup teammate, Roger Federer lost 6-4, 6-3, 7-6 (4) to Stan Wawrinka in the French Open quarter-finals Tuesday.

Federer had won 16 of their previous 18 matches, and all four at Grand Slam tournaments, but Wawrinka was too formidable on a windy afternoon.

THE ASSOCIATED PRESS

Bulls bring in Hoiberg

The Chicago Bulls made it official Tuesday, hiring Iowa State's Fred Hoiberg to replace Tom Thibodeau.

Hoiberg was long rumoured as the replacement for Thibodeau, who was fired last week after five seasons. THE ASSOCIATED PRESS

CSA head: Women's game 'a shining light'

WOMEN'S WORLD CUP

Soccer boss sees Canadian event restoring game's lustre

The head of Canadian soccer says the Women's World Cup may help restore the shine of world soccer despite the mushrooming FIFA scandal.

The turmoil in the sport's world governing body took another turn Tuesday as president Sepp Blatter, just four days after winning re-election, announced plans to step down.

Canadian Soccer Association president Victor Montagliani welcomed the news of Blatter's departure, saying change was needed in the FIFA boardroom because "I think we've lost our moral compass in the game."

"Hopefully this is the start of us giving it back."

Montagliani says the Women's World Cup will help that.

"The women's game in a lot of ways is a shining light that may part the clouds here," Montagliani told The Canadian Press on Tuesday. "Women's football is in such a pure state in terms of these girls really play for the jersey, really play for the love of the game. We're not talking big-money athletes. There's a purity to it."

But also a little mystery. A



Canada forward Adriana Leon clashes with England's Claire Rafferty during Friday's friendly at Tim Hortons Field in Hamilton. Canada opens up World Cup play this Saturday at Edmonton's Commonwealth Stadium. GEOFF ROBINS/AFP/GETTY IMAGES

CSA spokeswoman, responding to a Canadian Press question about compensation for the Canadian women at the World Cup, said she could not divulge the information because of a confidentiality clause in the agreement between the team and Canada Soccer.

Montagliani did not vote for Blatter at Friday's FIFA Congress and he says he personally told the FIFA president why.

Blatter was surprised, Montagliani said.

The CSA president said he had not expected Blatter to fulfil his term but was surprised the end came so soon.

Asked how Blatter will be remembered, Montagliani said "probably, in the short-term, not very well." That cloud will overshadow the fact there was growth during his years as general secretary and then president.

Montagliani says he never saw any signs of shady business in FIFA. He cited cultural

differences in doing business around the world, but "there's a difference between accepting differences and what's coming out (in the scandal)."

Montagliani was elected president of the CSA in 2012, one year after Blatter ran unopposed.

The native of Burnaby, B.C., was a CSA vice-president for three terms, and has been a member of its executive committee since 2005.

THE CANADIAN PRESS

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RECIPE Edamame Salad



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

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The perfect protein-filled vegetarian salad.

Ready in

Prep time: 10 minutes

Cook time: 8 minutes

Ingredients

- 13 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- ½ diced water chestnuts
- ½ cup diced red bell pepper
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 2 Tbsp low-sodium soy sauce
- 1½ Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- ½ tsp minced ginger
- 1 tsp toasted sesame seeds

Directions

1. Boil edamame beans just until bright green, approximately three minutes. Drain and rinse with cold water. Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately five minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

Nutrition per serving

- Calories 257
- Carbohydrates 29 g
- Protein 17 g
- Fat 7.9 g
- Cholesterol 10 mg
- Sodium 398 mg
- Fibre 3.6 g

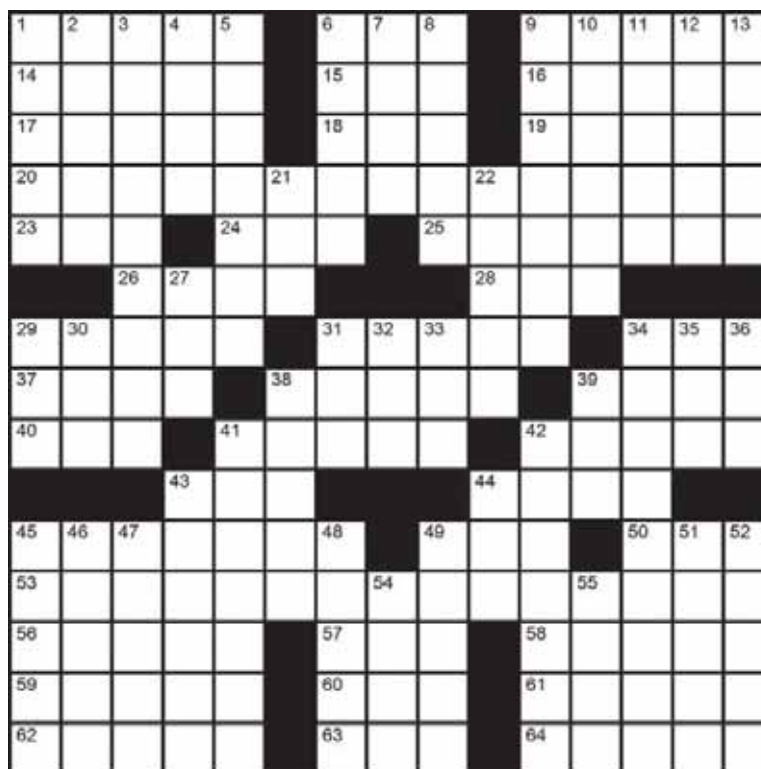
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Did some betting at the casino
6. Stephanie Mills song: "What __ Gonna Do with My Lovin'"
9. __ and pains
14. Make __ of
15. Faith, for short
16. Utah city
17. Architectural colonnades
18. 'Ranch' suffix
19. Evita musical surname
20. Neighbour of Cdn. territory the Yukon: 4 wds.
23. Henry James __ (British poet)
24. Twi'__ (Humanoid species in the 'Star Wars' universe)
25. Tornado
26. Bitty bug
28. Born, in Boucherville
29. Eyewear, colloquially
31. X-__
34. Faint
37. Waiter's prop
38. Strong
39. Gateway
40. Nevertheless
41. Baby bird sounds
42. Sunups
43. Pecan
44. "It's __ too long!"
45. Famed hotel in New York, Waldorf __
49. Mints brand, __ tac
50. Brain liquid [acronym]
53. 16th-century



- English explorer who searched for the Northwest Passage in Canada: 2 wds.
56. Elongated circles
57. Road coat
58. Monk, in Montreal
59. Musical group

- of nine
60. Long list's ender
61. "This is __ sudden!"
62. " __ Anatomy"
63. "Go team!"
64. Green hue

DOWN

1. Fill with fuel: 2 wds.
2. Nervous
3. APTN cooking show, " __ & Marmalade"
4. Coup d'__
5. Removes pepper's table partner
6. False __ (Van-couver inlet)
7. Someone's saver
8. Upward
9. Submitted a CV
10. Wrinkle
11. "The Magnificent Seven" (1960) actor Mr. Buchholz
12. Call forth
13. Navigational aid-at-sea

21. Golfing prop
22. Bristled, like barley
27. Glacial
29. Pig pen
30. __-med student
31. "Sheila" by Tommy __
32. Swiss peak
33. Olde-style word
34. Canadian blues group, __ Blues Band
35. Particle
36. Bride's new title
38. __ stone (Cannot be changed): 2 wds.
39. Actor, Daniel __ Kim
41. Sticking to tradition sorts
42. The little point between the '2' and '5' of 2.5
43. Rachel __, Alberta's new Premier
44. Diner's shirt protector
45. In with
46. Relish an enjoyable experience or flavour [var. sp.]
47. Big name in air conditioners
48. Blue Rodeo's " __ the Rain"
49. Statue of Liberty's light
51. Feel
52. Ozone-damaging refrigerant
54. Pro __ (In proportion)
55. Unaccompanied

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

A decision needs to be taken about your financial situation and it is up to you to take it and make it work. Don't keep quiet and let others call the shots — if you do it is they who will gain and you who will pay.

♉ Taurus April 21 - May 21

A battle of wills is likely today but because it is a battle that neither side can win you are advised not to take it too seriously. Speak your mind but don't waste time and energy trying to get others to change theirs.

♊ Gemini May 22 - June 21

If you recently made some kind of error then hold up your hand and admit it. No one will think less of you and punishment is unlikely to be severe. Swallow your pride and accept your share of the blame.

♋ Cancer June 22 - July 23

If you find yourself arguing over a subject you feel strongly about today make sure it does not get out of hand. It is not worth putting a friendship at risk to win a debate that soon everyone will have forgotten about.

♌ Leo July 24 - Aug. 23

You will find your options limited today and there is nothing much you can do about it. It may not be your way to do nothing, but sit tight and wait for the restriction to pass.

♍ Virgo Aug. 24 - Sept. 23

You will hear something over the next 24 hours that you utterly disagree with, but this is not a good time to make your feelings known. It could be that someone is being deliberately provocative just to see how you react.

♎ Libra Sept. 24 - Oct. 23

You won't lack for advice today, but how much of it is good advice? Hardly any of it, according to the planets, so ignore what others say and follow your instincts.

♏ Scorpio Oct. 24 - Nov. 22

There are times when it is right to forgive and forget but this isn't one of them. If you let someone who has damaged you in some way off the hook it will make you look weak and encourage others to take advantage. Get tough.

♐ Sagittarius Nov. 23 - Dec. 21

Don't waste your time and energy trying to figure out something that most likely has no meaning at all. This is one of those occasions when, if you ignore a problem, it won't be a problem for long, so leave it alone.

♑ Capricorn Dec. 22 - Jan. 20

Because everyone else seems happy with what's going on you may be reluctant to voice your disapproval, but chances are if you speak up today others will be encouraged to do as well. You're by no means alone.

♒ Aquarius Jan. 21 - Feb. 19

You will encounter opposition in some way today and you are going to have to find a way to balance your domestic responsibilities and your career ambitions. It won't be easy but it can be done — so do it!

♓ Pisces Feb. 20 - March 20

You will get frustrated with people who can't make up their minds today. For your own peace of mind it might be best to leave them out of your plans altogether and just do your own thing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★★★★★

6/97



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